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ABSTRACT

This brief directory lists 28 agencies providing culturally sensitive printed health materials for American Indians and Alaska Natives. Each entry provides the agency's address; telephone number; fax number; and annotated titles available, with price. Many materials are free. There is also a subject index with these categories: adolescent pregnancy prevention, aging, AIDS, alcoholism, breast health, cancer, child welfare, data/statistics, diabetes, domestic violence, exercise, fetal alcohol syndrome, health education, nutrition, oral health, prenatal care, smoking cessation, substance abuse, and women's health. (SAS)

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# AMERICAN INDIAN & ALASKA NATIVE

## SOURCES OF HEALTH MATERIALS

American Indians are one of the smallest minority groups in the United States with an estimated population of 2.3 million, according to the 1996 U.S. Bureau of Census Population Estimates.

The Federal Indian Health Services (IHS) designations of subgroups are American Indians, Alaskan Eskimos, Aleuts, and Native Hawaiians. American Indian populations are disproportionately affected by serious health problems such as diabetes; heart disease and stroke; infant mortality, and heart disease.

The search for publications concentrated on the minority health priority areas identified by the DHHS Secretary's Task Force on Black and Minority Health-cancer; chemical dependency; diabetes; heart disease and stroke; infant mortality; and homicide, suicide, and unintentional injuries-and the associated risk factors. Although this resource list indicates some of what is available, it is important to note materials were not identified in some subject areas.

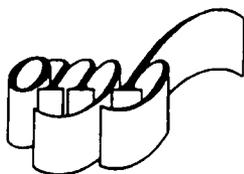
This is a listing of culturally sensitive printed health materials identified for American Indians by the Office of Minority Health Resource Center (OMH-RC). The listing includes sources of information for AIDS, cancer, child development, diabetes, high blood pressure, nutrition, and substance abuse, however this is not a comprehensive listing of all organizations and all printed educational materials for the American Indian population.

The OMH-RC has prepared a separate listing, Sources of Health Materials for Asians and Sources of Health Materials for Pacific Islanders, which include materials for Native Hawaiian populations.

A subject index has been included to assist in identifying materials on specific topics. Organizations included in this listing should be contacted directly to determine the cost and availability of bulk quantities or for permission to copy.

The OMH-RC has not evaluated the materials included in this resource list. It is the responsibility of the reader to review the materials to determine their appropriateness for the intended audience. Inclusion does not imply endorsement by OMH-RC, the Office of Minority Health, the U.S. Public Health Service, or the U.S. Department of Health and Human Services.

OMH-RC is continually seeking health information resources for U.S minority populations. If you are aware of sources of materials that have not been included, please share the information with OMH-RC.



Office of Minority Health Resource Center

P.O. Box 37337

Washington, DC 20013-7337

800 444 6472

TDD 301-589-0951

FAX 301-589-0884

e-mail: [info@omhrc.gov](mailto:info@omhrc.gov)

<http://www.omhrc.gov>

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Office of Educational Research and Improvement  
EDUCATIONAL RESOURCES INFORMATION  
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### **ALCOHOLICS ANONYMOUS (AA)**

Box 459, Grand Central Station  
New York, NY 10163  
212-870-3400  
212-870-3003 (fax)

"*AA for the Native North American*" (booklet). Describes how thirteen Native American men and women successfully gave up drinking and are now living fruitful, sober lives. Single copies free.

### **AMERICAN ASSOCIATION OF RETIRED PERSONS**

601 E Street NW  
Washington, DC 20049  
202-434-2460

*Health Risks and Preventive Care Among Older American Indians and Alaska Natives* (pamphlet). Lists the leading causes of death among older American Indians and Alaska Natives and the modifiable risk factors affecting their health. Single copies free.

### **AMERICAN CANCER SOCIETY**

California Division  
1700 Webster Street  
Oakland, CA 94612  
510-452-5229  
510-835-8656 (fax)

*What Men Should Know About Cancer* (brochure) and *What Women Should Know About Cancer* (brochure). Basic early detection and cancer prevention information cooperatively developed with the United Indian Health Services, Inc.

*Take Control - 10 Steps to a Healthier Life* (brochure). Presents nutritional and other lifestyle choices.

*Learning the Warning Signs of Cancer* (poster). Poster illustrates a Native American man, woman, and child with the slogan: "Caring for your loved ones means caring about your health..learn the warning signs of cancer."

### **AMERICAN CANCER SOCIETY**

Alaska Division, Inc.  
1057 West Firewood Lane  
Anchorage, AK 99503  
907-277-8696

*Breast Cancer Screening: A Healthy Habit for Life* (pamphlet) is an easy-to-read brochure aimed at Alaska Natives. Discusses breast self-exams, clinical breast exams, mammography, risk factors and follow-up care. \$.10 donation/\$.50 if outside of Alaska.

*The Pap Test: A Healthy Habit for Life* (pamphlet) is an easy-to-read brochure aimed at Alaska Natives. Discusses the Pap test, normal and abnormal Pap results, and follow-up for abnormal Pap tests. \$.35 per copy.

### **ARIZONA DEPARTMENT OF HEALTH SERVICES**

Office of Oral Health  
1740 West Adams Street, Room 10  
Phoenix, AZ 85007  
602-542-1866

Has brochure on senior citizens and oral health care concerns and a poster discussing oral health for Native Americans. No charge.

### **AMERICAN DIETETIC ASSOCIATION**

216 West Jackson Boulevard  
Chicago, IL 60606-6995  
800-877-1600, ext. 5000  
312-899-4899 (fax)

Distributes "*Ethnic and Regional Food Practices: Alaska Native Food Practices, Customs, and Holidays*" and "*Ethnic and Regional Food Practices: Navajo Food Practices, Customs, and Holidays*," professional guides, \$8.50 each ADA member, \$10 each non-member.

Also Publishes Indian & Pakistani Food Practices, Customs, and Holidays, Cajun & Creole Food Practices, Customs, and Holidays, and Jewish Food Practices, Customs, and Holidays, All are \$8.50 each ADA member. & \$10.00 each non-member. Call for a catalog.

### **CALIFORNIA RURAL INDIAN HEALTH BOARD, INC.**

Native American AIDS Advisory Board  
1451 River Park  
Sacramento, CA 95815  
916-929-9761  
916-929-7246 (fax)

*Stop AIDS in Indian Country* (poster). Pictures a red stop sign with AIDS written across it and blue feathers hanging around it. 1-5 copies free; more than 5 copies, \$0.95 each, plus shipping.

### **CHEROKEE NATION DIABETES PREVENTION COALITION**

P.O. Box 948  
Tahlequah, OK 74465  
918-456-0671, Ext. 372  
800-722-4325 (Oklahoma only)

*Diabetes Kills or Disables Indians* (pamphlet). Lists prevention steps to avoid diabetes. Single copies free.

### **FOOD AND NUTRITION INFORMATION CENTER (FNIC)**

National Agricultural Library  
10301 Baltimore Avenue, Room 304  
Beltsville, MD 20705-2351  
301-504-5719  
301-504-6409 (fax)

*Cultural Perspectives on Food and Nutrition* (bibliography). This bibliography lists materials on cultural dietary observances, food habits of various regions and groups, cultural influences of food choice and nutritional anthropology. Single copies free.

BEST COPY AVAILABLE

## INDIAN HEALTH SERVICE

2401 12th Street, NW  
Room 211N  
Albuquerque, NM 87102

*Eat Less Fat*, (pamphlet) reviews the role of fat in the diet of Native Americans with diabetes. Easy-to-read- English is combined with culturally appropriate drawings to present basic information. Single copy free.

## INMED PROGRAM

University of North Dakota School of Medicine & Health Sciences  
P.O. Box 9037  
Grand Forks, ND 58202-9037  
701-777-3037  
701-777-3277 (fax)

*"Good Medicine for Our People"* (coloring book). A coloring book with pictures of doctors, nurses, and patients. The book also describes the current need for Native Indians in health careers. Suitable for elementary students. Single copies free.

*"Serpent, Staff and Drum"* (newsletter). INMED's quarterly newsletter describes program activities and includes information pertinent to college counselors and Native Indian health careers students. Suitable for junior high students through adult. Single copies are free.

*"Indians into Medicine"* (program information book). Describes summer enrichment sessions and academic year support services for Native Indians preparing for health careers at the University of North Dakota. Suitable for junior high students through adult. Single copies are free.

*"Healthy Games and Teasers"* (activity book). Includes puzzles, mazes, word searches and other games to test knowledge of the human body and awareness of Native Indian tribes. Suitable for upper elementary students through adult. Single copies are free.

*"INMED...Our Way of Giving-Remembering the Indian Way"* (poster). Gives a brief description of the INMED program. Single copies free.

## MANILAQA ASSOCIATION HEALTH EDUCATION PROGRAM

P.O. Box 256  
Kotzebue, AK 99752  
907-442-3311

*Prevent Fetal Alcohol Syndrome* (brochure). Describes fetal alcohol syndrome and its prevention. Single copies free.

*Good Food for Life* (brochure). Describes some of the traditional foods of Alaska Natives. The Good Food For Life Series includes: Berries, Seal, Caribou, Fish, and Plants. Single copies free.

## MINNESOTA DEPARTMENT OF HEALTH

Cancer Control Program  
717 SE Delaware Street  
P.O. Box 9441  
Minneapolis, MN 55440  
612-623-5500

*The Path for Health: Important Health Information for Indian Women* (Pamphlet). Developed by the Minnesota Breast and Cervical Cancer Control Program (Minnesota Department of Health) and participating tribes, this "easy-to-understand" pamphlet includes information such as the Pap test, risk factors, ways women can protect themselves, and a

space to identify the name of the local clinic where one can obtain a Pap test. No charge.

## NATIONAL CLEARINGHOUSE FOR ALCOHOL AND DRUG INFORMATION

P.O. Box 2345  
Rockville, MD 20852-2345  
800-729-6686  
301-468-2600

*An Inner Voice Tells You Not to Drink* (poster). Colorful poster featuring a drawing of a pregnant Native Indian woman. States that drinking during pregnancy is harmful to the baby. Free.

*American Indian Posters* (poster): Colorful prevention poster depicting Native Indian scenes offer a clear message: join the circle and break the cycle of addiction.

## NATIONAL DIABETES INFORMATION CLEARINGHOUSE

One Information Way  
Bethesda, MD 20892-3560  
301-654-3327

*The Pima Indians: Pathfinders for Health* is a booklet that describes the role of the Pima Indians in helping to understand diabetes and details the National Institute of Diabetes & Digestive & Kidney Disease's efforts to improve clinical care and self-management practices among the Pima Indians. This booklet is illustrated with historic photos & Pima artwork.

## NATIONAL NATIVE AMERICAN AIDS PREVENTION CENTER

134 Linden Street  
Oakland, CA 94607  
800-283-2437 AIDSLine  
510-444-2051  
510-444-1593 (fax)

Operates a clearinghouse of information on Native American-specific HIV prevention materials.

## NATIVE AMERICAN WOMEN HEALTH TRACKING SYSTEM

1999 Broadway, Suite 2530  
Denver, CO 80202  
303-293-9128

Provides *We Are the Circle of Life* booklets on the Pap test and Pap test results.

Pap test booklet - \$1.75 for single copy. Pap Test Results booklet - \$1.25 single copy and *We Are the Circle of Life* poster - \$5.00 single copy.

## NATIVE AMERICAN WOMEN'S HEALTH EDUCATION RESOURCE CENTER

P.O. Box 572  
Lake Andes, SD 57356-0572  
605-487-7072  
605-487-7964 (fax)

*Traditional Values Can Stamp Out the AIDS Virus* (Poster). Describes the importance of being informed about AIDS and sharing this information, rejecting peer pressure, accepting others in sickness and in health,

and respecting one's body and the decisions of others. Single copies free plus \$2.00 postage and handling.

*Mom and Son* (pamphlets). Illustrates a discussion between a Native Indian mother and son about AIDS. Chapter I is designed for grades K-5, Chapter II is for grades 4-7 and Chapter III is for grades 6-12. Single copies free plus \$2.00 postage and handling.

*How to Examine Your Breasts* (poster). Describes in pictures and text how to do a breast self-exam. Single copies free plus \$2.00 postage and handling.

Other materials include brochures and posters on AIDS, fetal alcohol syndrome, domestic violence, environmental issues, and smoking.

### **NAVAJO NATION FAMILY PLANNING CORPORATION**

P.O. Box 1869  
Window Rock, AZ 86515  
602-871-5092/5093

*Women's Health Care* (Booklet). The topics in this booklet are explained in a very general and simple way. Some of the topics include: The importance of women's health, your menstrual cycle, self breast exam, alcohol, smoking and drugs, birth control, std's, what a pelvic exam is, safe sex practices and more.

### **PARENT ADVOCACY COALITION FOR EDUCATIONAL RIGHTS**

4826 Chicago Avenue South  
Minneapolis, MN 55417-1098  
612-827-2966

They provide books for American Indian parents of children with disabilities.

### **SEATTLE INDIAN HEALTH BOARD**

P.O. Box 3364  
Seattle, WA 98114-3364  
206-324-9360  
206-324-8910 (fax)

Provide brochures, posters on HIV/AIDS, domestic violence, diabetes, child welfare, alcohol & drug abuse, teen pregnancy and other topics.

### **SENECA NATION OF INDIANS HEALTH DEPARTMENT**

Lionel R. John Health Center  
P.O. Box 500  
Salamanca, NY 14779  
716-945-5894  
716-945-0308 (fax)

*AIDS Can Find Many Roads to the Reservation* (pamphlet). Lists the telephone numbers of the local health centers, the State AIDS Hotline and the National Indian AIDS Hotline. Single copies free.

### **SOUTHWEST REGIONAL CENTER FOR DRUG-FREE SCHOOLS AND COMMUNITIES**

555 Constitution Avenue, Suite 138  
Norman, OK 73037-0005  
800-234-SWRC

Provides information, training, and technical assistance on alcohol and drug abuse programs for Native Americans in schools and local communities.

### **UNIVERSAL HEALTH COMMUNICATIONS, INC.**

Colonial Center  
1200 South Federal Highway, Suite 202  
Boynton Beach, FL 33435  
800-222-7842  
407-731-5881  
407-731-5877 (fax)

Video productions covering all topics in health, safety, environment, mental health, race relations, and school (K-college) topics. Library of videos includes multi-lingual and multi-ethnic programs. Videos for children, teens, adults, teachers, counselors, and health professionals. Contact UHC for specific lists or pricing information.

### **USPHS INDIAN HEALTH SERVICE DIABETES PROGRAM**

5300 Homestead Road NE  
Albuquerque, NM 87110  
505-837-4182

Provides booklets on the fifth and sixth-grade reading level covering all aspects of diabetes. Booklets available only to providers serving Native Americans. No charge for copies.

### **USPHS INDIAN HEALTH SERVICE PUBLIC AFFAIRS STAFF**

Parklawn Building, 6-35  
5600 Fishers Lane  
Rockville, MD 20857  
301-443-3593  
301-443-0507 (fax)

Provides report, *Trends in Indian Health 1996: Regional Differences in Indian Health 1996*, and *Comprehensive Healthcare Programs for American Indians & Alaska Natives*.

### **USPHS INDIAN SCHOOL HEALTH CENTER**

Attn: Michael D. Brown, R.N., B.S.N.  
Haskell Health Center  
P.O. Box 864  
Lawrence, KS 66044  
913-843-3750

*Indian Single Young Men! Having Sex Now is Risky* (brochure). Describes the risks of being sexually active, birth control choices, sexually transmitted diseases, and AIDS. Poster picturing a Native Indian youth holding a baby is also available. Single copies free. Send self-addressed, stamped envelope.

### **ZUNI WELLNESS CENTER**

P.O. Box 308  
Zuni, NM 87327  
505-782-2665

The Center provides manuals on weight loss programs geared towards American Indians.

## SUBJECT INDEX

### **ADOLESCENT PREGNANCY PREVENTION**

Seattle Indian Health Board  
USPHS Indian School Health Center

### **AGING**

American Association of Retired Persons  
Arizona Department of Health Services

### **AIDS**

California Rural Indian Health Board, Inc.  
National Native American AIDS Prevention Center  
Native American Women's Health Education Resource Center  
Seattle Indian Health Board  
Seneca Nation of Indians Health Department  
USPHS Indian School Health Center

### **ALCOHOLISM**

Alcoholics Anonymous

### **BREAST HEALTH**

American Cancer Society - Alaska Division  
Native American Women's Health Education Resource Center

### **CANCER**

American Cancer Society - Alaska Division  
American Cancer Society - California Division  
Minnesota Department of Health

### **CHILD WELFARE**

Seattle Indian Health Board

### **DATA/STATISTICS**

Seattle Indian Health Board  
USPHS Indian Health Service Public Affairs Staff

### **DIABETES**

Cherokee Nation Diabetes Prevention Program  
Indian Health Service  
National Diabetes Information Clearinghouse  
Seattle Indian Health Board  
USPHS Indian Health Service Diabetes Program

### **DOMESTIC VIOLENCE**

Seattle Indian Health Board

### **EXERCISE**

Zuni Wellness Center

### **FETAL ALCOHOL SYNDROME**

Maniilaq Association Health Education Program  
National Clearinghouse for Alcohol and Drug Information  
(NCADI)

### **HEALTH EDUCATION**

INMED Program  
University of North Dakota School of Medicine  
Universal Health Communications, Inc. (UHC, Inc.)

### **NUTRITION**

American Dietetic Association  
Food and Nutrition Information Center (FNIC)  
Indian Health Service  
Maniilaq Association Health Education Program  
Zuni Wellness Center

### **ORAL HEALTH**

Arizona Department of Health Services

### **PRENATAL CARE**

National Clearinghouse for Alcohol and Drug Information

### **SMOKING CESSATION**

Navajo Nation Family Planning Corporation

### **SUBSTANCE ABUSE**

National Clearinghouse for Alcohol and Drug Information  
(NCADI)  
Seattle Indian Health Board  
Southwest Regional Center for Drug-Free Schools and  
Communities

### **WOMEN'S HEALTH**

Minnesota Department of Health  
Native American Women Health Tracking System  
Navajo Nation Family Planning Corporation



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*Office of Educational Research and Improvement (OERI)*  
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